

# THE NAKED TRUTH

## KEEP YOUR EYES ON THE ROAD

HIGH SCHOOL | FEBRUARY 25TH

### Introduction

- Genesis 25 tells the story of Esau and Jacob, where Esau was so concerned about his immediate need to satisfy his hunger that he sold his birth rite to Jacob for a bowl of stew.
- Birth rites gave the oldest son a double portion of the inheritance, the authority as the family leader, and a special spiritual blessing. It was a big deal!
- Esau gave up his birth rite to satisfy a desire, and often we do the same where we give up God's dream for our lives to satisfy what we want in a moment.
- While this principle can apply to many areas of our lives, this week we're going to talk specifically about giving up God's dream for sex.
- Definition: Sex is any sexual activity that causes the body to be aroused and feel pleasure (more than just intercourse).
- *Disclosure: We acknowledge that some students may have had experiences where a physical act against them. This message is talking about the acts that we have control of. If students feel triggered we invite them to zone out or leave the room, and also talk to someone they trust after to process it.*
- Having sex outside of God's dream for our lives (a unifying and beautiful act that takes place in marriage) is like the birth rite in Esau's story. So what can we learn from how Esau gave up his birth rite for a bowl of stew?

**A bowl of stew satisfies you in the moment...a birth rite sets you up for your future.**

- In the same way sex satisfies you in the moment but God calls us to save that physical and emotional connection for one person.
- When we have sex, oxytocin is released which connects us to the person and creates feelings of bonding, trust and loyalty.
- If we create this bonding prematurely it can very easily lead to heartbreak
- Alternatively, sometimes people will try to turn off any sort of bond so that they can have sex with multiple partners, however, once turned off it is hard to create that bond one day with a partner you want to commit to.

**You only choose the bowl of stew if you're starving...you choose a birth rite when you're full**

- If Esau had been full he would have never dreamed of giving up his birth rite for a bowl of stew.
- Just as you counteract hunger for food and a full stomach, you counteract hunger for sex with a full heart.
- Mountain road guardrail metaphor: God puts up guardrails for us (telling us not to have sex outside of marriage), but we can put up our own guardrails, or boundaries, to help us avoid getting close to going outside of God's dream.
- Boundaries should be talked about with someone who is older that you trust and also your partner.

**The birth rite is not a reward...it's a blessing**

- Sex is not a reward for living a pure life before you're married, it's a gift and a blessing from God.
- This means that our motivation for purity shouldn't be self-fulfilment (if I stay pure I'll have a perfect relationship and great sex). Our motivation should be our relationship with God and obeying him.

## **Conclusion**

- God does not give us rules about sex because he wants to control us or ruin our fun. He wants to keep us emotionally, mentally and physically safe. He is the creator of sex and knows about how it impacts us.
- While romantic relationships may become a big part of our lives, our relationship with God should always be the main priority in our lives.